

PILATES, YOGA, AND POWER STRETCHING

with Martha Eagle

REGISTER EARLY-PROGRAM SELLS OUT FAST!

This thorough early morning workout program will be a mixture of Pilates, yoga, and a power stretch. Pilates mat exercises will strengthen and stretch the torso creating better posture, balance and alignment in the body. This mixture of exercises will blend muscle strength, endurance, flexibility, cardiovascular and respiratory components to create a well-rounded fitness program resulting in greater health benefits. Participants are asked to please bring an exercise mat to class. All exercise levels are welcome to join!

Participants must be 16 years of age and over.

**JULY 2 – AUGUST 30
TUESDAYS & FRIDAYS, 7:45 - 8:45 A.M.**

COST:

RESIDENTS: \$50/person

NON-RESIDENTS: \$60/person

LOCATION: Southold Town Recreation Center